

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2021**

Sai Kung District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running TC									
40601941 (SK649)	6/7-7/9	Tu	19:00-21:00	Tseung Kwan O SG	16+	130	20	20/5-26/5 (4/6) {29/6}	
Life Saving Training Course(Bronze Medallion)									
40591546 (SK195)	9/7-13/9 (excl. 10/9)	M,F	16:30-18:30	Sai Kung SP (Main Pool)	13+	108	12	28/5	
40591547 (SK196)	7/7-20/8 (excl. 18/8)	M,W,F	20:00-22:00	Tseung Kwan O SP (Main Pool)	13+	108	12	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Adult (Level I)									
40591600 (SK248)	8/7-10/8	Tu,Th	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591602 (SK249)	9/7-11/8	W,F	7:00-8:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591603 (SK250)	9/7-11/8	W,F	16:00-17:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591604 (SK251)	9/7-11/8	W,F	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591605 (SK252)	9/7-11/8	W,F	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Aged 9-17 (Level I)									
40591584 (SK232)	20/7-19/8	Tu,Th	19:30-20:30	Sai Kung SP (Teaching Pool)	9-17	100	6	24/5-30/5 (4/6) {25/6}	
40591585 (SK233)	8/7-10/8	Tu,Th	9:00-10:00	Tseung Kwan O SP (Teaching Pool)	9-17	100	6	24/5-30/5 (4/6) {25/6}	
40591586 (SK234)	9/7-11/8	W,F	14:00-15:00	Tseung Kwan O SP (Teaching Pool)	9-17	100	6	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Child (Level I)									
40591572 (SK220)	20/7-19/8	Tu,Th	10:00-11:00	Sai Kung SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
40591573 (SK221)	8/7-10/8	Tu,Th	9:00-10:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
40591575 (SK223)	9/7-11/8	W,F	9:00-10:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Junior (Level I)									
40591579 (SK227)	20/7-19/8	Tu,Th	11:00-12:00	Sai Kung SP (Teaching Pool)	9-12	100	6	24/5-30/5 (4/6) {25/6}	
40591581 (SK229)	9/7-11/8	W,F	9:00-10:00	Tseung Kwan O SP (Teaching Pool)	9-12	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Adult (Level I)									
40591593 (SK241)	8/7-10/8	Tu,Th	11:00-12:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591595 (SK243)	9/7-11/8	W,F	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591596 (SK244)	9/7-11/8	W,F	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Aged 9-17 (Level I)									
40591583 (SK231)	23/7-23/8	M,F	11:00-12:00	Sai Kung SP (Teaching Pool)	9-17	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Child (Level I)									
40591563 (SK212)	23/7-23/8	M,F	10:00-11:00	Sai Kung SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
40591564 (SK213)	20/7-19/8	Tu,Th	17:00-18:00	Sai Kung SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
40591565 (SK214)	8/7-10/8	Tu,Th	10:00-11:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
40591567 (SK216)	9/7-11/8	W,F	14:00-15:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Junior (Level I)									
40591576 (SK224)	8/7-10/8	Tu,Th	10:00-11:00	Tseung Kwan O SP (Teaching Pool)	9-12	100	6	24/5-30/5 (4/6) {25/6}	
40591577 (SK225)	9/7-11/8	W,F	15:00-16:00	Tseung Kwan O SP (Teaching Pool)	9-12	100	6	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Adult (Level II)									
40591606 (SK253)	20/7-19/8	Tu,Th	20:30-21:30	Sai Kung SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
Breaststroke Training Course for Aged 9-17 (Level II)									
40591587 (SK235)	9/7-11/8	W,F	16:00-17:00	Tseung Kwan O SP (Teaching Pool)	9-17	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Adult (Level II)									
40591597 (SK245)	8/7-10/8	Tu,Th	7:00-8:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
40591598 (SK246)	9/7-11/8	W,F	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Child (Level II)									
40591569 (SK218)	9/7-11/8	W,F	15:00-16:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	24/5-30/5 (4/6) {25/6}	
Front Crawl Training Course for Junior (Level II)									
40591578 (SK226)	20/7-19/8	Tu,Th	15:00-16:00	Sai Kung SP (Teaching Pool)	9-12	100	6	24/5-30/5 (4/6) {25/6}	
Backstroke Training Course for Aged 17 or below									
40591591 (SK239)	28/7-27/8	W,F	15:00-16:00	Tseung Kwan O SP (Main Pool)	0-17	100	8	24/5-30/5 (4/6) {25/6}	

Breaststroke Training Course for Aged 17 or below (Level III)										
40591590 (SK238)	20/7-19/8	Tu,Th	16:00-17:00	Sai Kung SP (Main Pool)	0-17	100	8	24/5-30/5 (4/6) {25/6}		
Butterfly Stroke Training Course for Aged 9-17										
40591592 (SK240)	28/7-27/8	W,F	14:00-15:00	Tseung Kwan O SP (Main Pool)	9-17	100	8	24/5-30/5 (4/6) {25/6}		
Front Crawl Training Course for Adult (Level III)										
40591599 (SK247)	28/7-27/8	W,F	17:00-18:00	Tseung Kwan O SP (Main Pool)	18+	100	8	24/5-30/5 (4/6) {25/6}		
Front Crawl Training Course for Aged 17 or below (Level III)										
40591588 (SK236)	20/7-19/8	Tu,Th	17:00-18:00	Sai Kung SP (Main Pool)	0-17	100	8	24/5-30/5 (4/6) {25/6}		
40591589 (SK237)	28/7-27/8	W,F	16:00-17:00	Tseung Kwan O SP (Main Pool)	0-17	100	8	24/5-30/5 (4/6) {25/6}		
Aerobic Dance Training Course										
40601842 (SK550)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	9:00-10:00	Po Lam SC	14+	65	12	20/5-26/5 (4/6) {24/6}		
40601843 (SK551)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	10:00-11:00	Po Lam SC	14+	65	12	20/5-26/5 (4/6) {24/6}		
40601847 (SK555)	20/7-26/8	Tu,Th	19:00-20:00	Po Lam SC	14+	65	12	9/6		
40601848 (SK556)	20/7-26/8	Tu,Th	20:00-21:00	Po Lam SC	14+	65	12	9/6		
40601857 (SK565)	22/7-17/8	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	10	11/6		
40601858 (SK566)	22/7-17/8	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	10	11/6		
40601909 (SK617)	21/7-27/8	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	6	17/6		
40601910 (SK618)	21/7-27/8	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	6	17/6		
Children Dance Training Course										
40601945 (SK653)	4/7-3/10 (excl. 1/8,15/8,22/8,29/8)	Su	14:00-16:00	Hong Kong Velodrome	4-6	60	10	20/5-26/5 (4/6) {24/6}		
Children Dance Training Course (Summer)										
40601869 (SK577)	21/7-25/8 (excl. 13/8)	W,F	14:00-16:00	Tiu Keng Leng SC	4-6	60	10	20/5-26/5 (4/6) {29/6}		
Children Dance Training Course(Summer)										
40601870 (SK578)	21/7-25/8 (excl. 13/8)	W,F	16:00-18:00	Tiu Keng Leng SC	7-11	60	10	20/5-26/5 (4/6) {29/6}		
Chinese Dance Training Course										
40601861 (SK569)	14/7-15/9	W	9:00-11:00	Tsui Lam SC	12+	45	10	20/5-26/5 (4/6) {24/6}		
40601872 (SK580)	6/7-7/9	Tu	13:00-15:00	Tiu Keng Leng SC	12+	45	15	20/5-26/5 (4/6) {24/6}		
40601884 (SK592)	23/7-24/9	F	19:00-21:00	Hang Hau SC	12+	45	15	20/5-26/5 (4/6) {29/6}		
Fitness (Multi-gym) Training Course										
<p>@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.</p> <p>Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.</p> <p>For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.</p> <p>For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.</p>										
40601844 (SK552)	21/7-30/8	M,W	19:00-20:00	Po Lam SC	15+	75	10	@16/6		
40601845 (SK553)	21/7-30/8	M,W	20:00-21:00	Po Lam SC	15+	75	10	@16/6		
40601863 (SK571)	26/7-20/8	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	10	@18/6		
40601864 (SK572)	26/7-20/8	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	10	@18/6		
Hydro Fitness Training Course										
40591538 (SK187)	23/7-23/8	M,W,F	19:30-20:30	Sai Kung SP (Teaching Pool)	14+	80	7	24/5-30/5 (4/6) {25/6}		
40591539 (SK188)	23/7-23/8	M,W,F	20:30-21:30	Sai Kung SP (Teaching Pool)	14+	80	7	24/5-30/5 (4/6) {25/6}		
40591540 (SK189)	8/7-24/8	Tu,Th	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	14+	80	15	24/5-30/5 (4/6) {25/6}		
40591541 (SK190)	8/7-24/8	Tu,Th	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	14+	80	15	24/5-30/5 (4/6) {25/6}		
Jazz Training Course										
40601877 (SK585)	20/7-19/8	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	15	2/6		
Social Dance Training Course										
40601859 (SK567)	24/7-25/9	Sa	14:00-16:00	Tsui Lam SC	14+	86	12	20/5-26/5 (4/6) {29/6}		
40601881 (SK589)	16/7-24/9 (excl. 13/8)	F	19:00-21:00	Tiu Keng Leng SC	14+	86	16	20/5-26/5 (4/6) {29/6}		
40601885 (SK593)	14/7-15/9	W	19:00-21:00	Hang Hau SC	14+	86	16	20/5-26/5 (4/6) {24/6}		
40601886 (SK594)	18/7-26/9 (excl. 1/8)	Su	9:00-11:00	Hang Hau SC	14+	86	16	20/5-26/5 (4/6) {29/6}		
40601953 (SK661)	17/7-9/10 (excl. 14/8,21/8,28/8)	Sa	16:00-18:00	Hong Kong Velodrome	14+	86	16	20/5-26/5 (4/6) {29/6}		
40601954 (SK662)	9/7-8/10 (excl. 13/8,20/8,27/8,1/10)	F	19:00-21:00	Hong Kong Velodrome	14+	86	16	20/5-26/5 (4/6) {24/6}		
Social Dance Training Course (Inter)										
40601860 (SK568)	24/7-25/9	Sa	16:00-18:00	Tsui Lam SC	14+	86	12	20/5-26/5 (4/6) {29/6}		
Western Folk Dance Training Course										
40601889 (SK597)	18/7-26/9 (excl. 1/8)	Su	16:00-18:00	Hang Hau SC	8+	45	15	20/5-26/5 (4/6) {29/6}		

Wushu Training Course (Summer)

40601956 (SK664)	4/7-26/9 (excl. 1/8,15/8,22/8,29/8)	Su	16:00-18:00	Hong Kong Velodrome 6-14	86	10	20/5-26/5 (4/6) {24/6}	✉
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HE For All Campaign- FT TC Children(SUM)

40601951 (SK659)	3/7-11/9 (excl. 14/8,21/8,28/8)	Sa	9:00-10:30	Hong Kong Velodrome 8-14	75	20	20/5-26/5 (4/6) {24/6}	✉
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Briefing on Proper Ways to Use Fitness Equipment

40601891 (SK599)	6/7	Tu	19:00-22:00	Hang Hau SC	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉
40601892 (SK600)	6/7	Tu	20:00-23:00	Hang Hau SC	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉
40601947 (SK655)	8/7	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉
40601948 (SK656)	8/7	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉
40601949 (SK657)	15/7	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉
40601950 (SK658)	15/7	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	20/5-26/5 (4/6) {24/6}	✉

Badminton Training Course

40601855 (SK563)	15/7-17/8	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	12	20/5-26/5 (4/6) {24/6}	✉
40601856 (SK564)	21/7-20/8	W,F	19:00-21:00	Tsui Lam SC	7+	118	12	20/5-26/5 (4/6) {29/6}	✉
40601866 (SK574)	15/7-17/8	Tu,Th	15:00-17:00	Tsui Lam SC	7+	118	12	20/5-26/5 (4/6) {24/6}	✉
40601867 (SK575)	7/7-8/9	W	10:00-12:00	Tiu Keng Leng SC	7+	118	12	20/5-26/5 (4/6) {24/6}	✉
40601868 (SK576)	20/7-19/8	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	12	20/5-26/5 (4/6) {29/6}	✉
40601883 (SK591)	17/7-18/9	Sa	8:00-10:00	Hang Hau SC	7+	118	12	20/5-26/5 (4/6) {29/6}	✉

Track Cycling Taster Session

40601960 (SK668)	3/7	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	20	27/5	📄 i
40601965 (SK673)	17/7	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	20	7/6	📄 i
40601967 (SK675)	31/7	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	20	17/6	📄 i

Track Cycling Training Course (Level II)

40601957 (SK665)	13/7	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	4/6	📄 i
40601958 (SK666)	27/7	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	10/6	📄 i

Track Cycling Training Course (Level III)

40601959 (SK667)	29/7	Th	18:00-22:00	Hong Kong Velodrome	11+	140	20	11/6	📄 i
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Lawn Bowls Fun Day

40601942 (SK650)	3/7	Sa	14:00-18:00	Hang Hau Man Kuk Lane Park	8+	Free	18	20/5-26/5 (4/6) {24/6}	✉
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Squash Training Course

40601912 (SK620)	6/7-29/7	Tu,Th	19:00-21:00	Sai Kung Squash Courts	7+	160	6	28/5	📄 i
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Squash Training Course (Summer)

40601840 (SK548)	7/7-30/7	W,F	19:00-21:00	Po Lam SC	7+	160	6	20/5-26/5 (4/6) {24/6}	✉
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Squash Training Course for Child (Summer)

40601913 (SK621)	19/7-12/8	M,Th	9:00-11:00	Sai Kung Squash Courts	6-13	160	6	8/6	📄 i
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Children Table Tennis Training Course

40601871 (SK579)	18/7-3/10 (excl. 1&15/8)	Su	9:00-11:00	Tiu Keng Leng SC	6-13	86	10	20/5-26/5 (4/6) {29/6}	✉
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Table-tennis TC for Child (Summer)

40601916 (SK624)	20/7-19/8	Tu,Th	14:00-16:00	Sai Kung Squash Courts	6-13	86	6	20/5-26/5 (4/6) {29/6}	✉
40601917 (SK625)	21/7-20/8	W,F	9:00-11:00	Sai Kung Squash Courts	6-13	86	6	20/5-26/5 (4/6) {29/6}	✉

Table-tennis Training Course

40601887 (SK595)	13/7-14/9	Tu	19:00-21:00	Hang Hau SC	6+	86	9	20/5-26/5 (4/6) {24/6}	✉
40601914 (SK622)	11/7-19/9 (excl. 1/8)	Su	10:00-12:00	Sai Kung Squash Courts	6+	86	6	20/5-26/5 (4/6) {24/6}	✉
40601915 (SK623)	17/7-18/9	Sa	10:00-12:00	Sai Kung Squash Courts	6+	86	6	20/5-26/5 (4/6) {29/6}	✉
40601955 (SK663)	4/7-3/10 (excl. 1/8,15/8,22/8,29/8)	Su	10:00-12:00	Hong Kong Velodrome	6+	86	12	20/5-26/5 (4/6) {24/6}	✉

Table-tennis Training Course (Summer)

40601888 (SK596)	12/7-11/8	M,W	16:00-18:00	Hang Hau SC	6+	86	9	20/5-26/5 (4/6) {24/6}	✉
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Tennis Training Course

40601897 (SK605)	7/7-8/9	W	19:00-21:00	Po Tsui Park	8+	170	9	20/5-26/5 (4/6) {24/6}	✉
40601898 (SK606)	8/7-9/8	M,Th	19:00-21:00	Po Tsui Park	8+	170	9	20/5-26/5 (4/6) {24/6}	✉
40601899 (SK607)	7/7-9/8	M,W	9:00-11:00	Po Tsui Park	8+	170	9	20/5-26/5 (4/6) {24/6}	✉
40601900 (SK608)	10/7-11/9	Sa	16:00-18:00	Po Tsui Park	8+	170	9	20/5-26/5 (4/6) {24/6}	✉
40601901 (SK609)	6/7-5/8	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	9	20/5-26/5 (4/6) {24/6}	✉
40601903 (SK611)	12/7-2/8	M,W,F	15:00-17:00	Po Tsui Park	8+	170	9	3/6	📄 i
40601918 (SK626)	29/7-30/8	M,Th	19:00-21:00	Sai Kung TC	8+	170	6	20/5-26/5 (4/6) {29/6}	✉

40601919 (SK627)	13/7-14/9	Tu	17:00-19:00	Sai Kung TC	8+	170	6	20/5-26/5 (4/6) {24/6}	✉
40601920 (SK628)	14/7-15/9	W	19:00-21:00	Sai Kung TC	8+	170	6	20/5-26/5 (4/6) {24/6}	✉
40601921 (SK629)	10/7-11/9	Sa	9:00-11:00	Sai Kung TC	8+	170	6	20/5-26/5 (4/6) {24/6}	✉

Baseball Training Course

40601894 (SK602)	6/7-7/9	Tu	18:00-20:00	Po Tsui Park(Artificial Turf)	6-17	64	15	26/5	📄 i
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Basketball Training Course (Summer)

40601922 (SK630)	21/7-20/8	W,F	12:00-14:00	Hang Hau SC	10+	75	15	20/5-26/5 (4/6) {29/6}	✉
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Hockey Training Course

40601896 (SK604)	11/7-12/9	Su	16:00-18:00	Po Tsui Park(Artificial Turf)	8-15	40	12	28/5	📄 i
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Volleyball Training Course (Summer)

40601923 (SK631)	3/7-4/9	Sa	15:00-17:00	Tsui Lam SC	10+	70	15	20/5-26/5 (4/6) {24/6}	✉
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SKD Kayak Training Course (1 Star Award)

40601936 (SK644)	17/7	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	20/5-26/5 (4/6) {24/6}	✉
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SKD Kayak Training Course (2 Star Award)

40601937 (SK645)	18/7	Su	9:00-17:00	Chong Hing WSC	12+	30	8	20/5-26/5 (4/6) {24/6}	✉
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SKD Kayak Training Course (3 Star Award)

40601938 (SK646)	25/7	Su	9:00-17:00	Chong Hing WSC	12+	30	8	20/5-26/5 (4/6) {24/6}	✉
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Sport Climbing Training Course

40601882 (SK590)	4/7-11/7	Su	12:00-18:00	Tiu Keng Leng SC	12+	40	4	20/5-26/5 (4/6) {24/6}	✉
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SKD Basic Windsurfing Training Course

40601928 (SK636)	17/7-18/7	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	20/5-26/5 (4/6) {24/6}	✉
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SKD Elementary Dragon Boat Tr. Cr.

40601931 (SK639)	17/7	Sa	9:00-17:00	Chong Hing WSC	12+	90	10	20/5-26/5 (4/6) {24/6}	✉
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40601932 (SK640)	18/7	Su	9:00-17:00	Chong Hing WSC	12+	90	10	20/5-26/5 (4/6) {24/6}	✉
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40601933 (SK641)	25/7	Su	9:00-17:00	Chong Hing WSC	12+	90	10	20/5-26/5 (4/6) {24/6}	✉
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Water Safety Course for Baby

40591558 (SK207)	23/7-23/8	M,F	9:00-10:00	Sai Kung SP (Teaching Pool)	0-4	100	3	24/5-30/5 (4/6) {25/6}	✉
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40591560 (SK209)	20/7-19/8	Tu,Th	16:00-17:00	Sai Kung SP (Teaching Pool)	0-4	100	3	24/5-30/5 (4/6) {25/6}	✉
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40591562 (SK211)	9/7-11/8	W,F	10:00-11:00	Tseung Kwan O SP (Teaching Pool)	0-4	100	7	24/5-30/5 (4/6) {25/6}	✉
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Community Garden Programme

40593410 (SK353)	18/7-20/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Yuk Nga Lane Community Garden	12+	400	19	20/5-26/5 (4/6) {29/6}	✉
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40593412 (SK354)	18/7-20/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Yuk Nga Lane Community Garden	12+	400	19	20/5-26/5 (4/6) {29/6}	✉
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40593440 (SK372)	17/7-19/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Sheung Ning PG Community Garden	12+	400	17	20/5-26/5 (4/6) {29/6}	✉
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Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows:
Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Body-Mind Stretch Training Programme for Persons with Physical Disability

40596602 (SK0500)	20/7-24/8	Tu	15:00-17:00	Tiu Keng Leng SC	15+	8	20/5	📄 i
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Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Swimming Training Course for Elderly (Level I)

40591608 (SK254)	23/7-23/8	M,F	8:00-9:00	Sai Kung SP (Teaching Pool)	6	24/5-30/5 (4/6) {25/6}	✉
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40591609 (SK255)	20/7-19/8	Tu,Th	8:00-9:00	Sai Kung SP (Teaching Pool)	6	24/5-30/5 (4/6) {25/6}	✉
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40591610 (SK256)	9/7-11/8	W,F	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	6	24/5-30/5 (4/6) {25/6}	✉
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Swimming Training Course for Elderly (Level II)

40591611 (SK257)	20/7-19/8	Tu,Th	9:00-10:00	Sai Kung SP (Teaching Pool)	6	24/5-30/5 (4/6) {25/6}	✉
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40591613 (SK258)	8/7-10/8	Tu,Th	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	6	24/5-30/5 (4/6) {25/6}	✉
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Fitness Exercise TC for Elderly

40601850 (SK558)	30/7-15/9	W,F	7:00-8:00	Po Lam SC	10	20/5-26/5 (4/6) {29/6}	✉
40601875 (SK583)	13/7-12/8	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	15	20/5-26/5 (4/6) {24/6}	✉
40601876 (SK584)	13/7-12/8	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	15	20/5-26/5 (4/6) {24/6}	✉

Meeting Point for Elderly (Fitness)

40601939 (SK647)	16/7-6/8	F	8:00-10:00	Tsui Lam SC	10	20/5-26/5 (4/6) {29/6}	✉
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Fitness (Multi-gym) TC for Elderly

@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.

Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.

For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.

For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.

40601849 (SK557)	20/7-26/8	Tu,Th	7:00-8:00	Po Lam SC	10	@20/5-26/5 (4/6){29/6}	✉
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Health Elderly Scheme Self Prac- Lawn Bowls

40601944 (SK652)	6/7-27/7	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	12	6/7-27/7	Walk-in
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Health Elderly Self Practi Scheme-Lawn Bowls

40601943 (SK651)	6/7-27/7	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	12	6/7-27/7	Walk-in
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